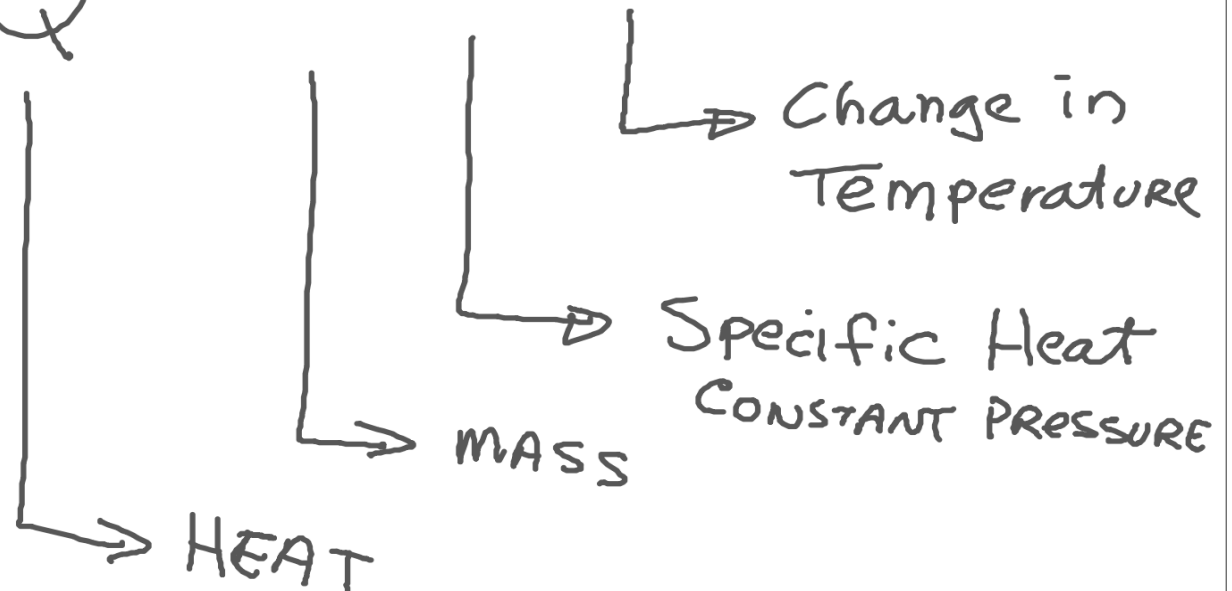


ENERGY
measured in Joules

Heat is also measured in
Joules

Food Energy is measured in
Calories

$$Q = m C_p \Delta T$$



Q = heat (energy)
how much heat is Required
to increase AN OBJECT'S TEMP.

m = MASS - how much of the
object we have

C_p = Specific heat property of
the material

ΔT = Change in Temp

Specific heats of

I	Wool	1.38	1.26	J/g°C
I	Water	4.186	4.19	KJ/kg K
C	Steel	0.49		J/kg K
C	Copper	0.39	0.385	
C	Aluminum	.436	.87	.9
C	Brick	.9	.22	.9
I	Polyethylene	1.0	2.25	

Specific Heat > 1 is an
INSULATOR

Specific heat < 1 is a CONDUCTOR.